

Barley Banana Bread

(honey and oil)

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Ingredients

1¾ cups barley flour
½ teaspoon salt
1 teaspoon baking soda
⅓ cup canola or vegetable oil
½ cup honey
2 large eggs
1 teaspoon vanilla extract
1 cup mashed ripe bananas
¼ cup hot water
non-stick cooking spray, butter
or oil for greasing loaf pan

Equipment

- 1- to 2-quart mixing bowl
- 3 quart mixing bowl
- whisk or electric mixer
- measuring cups
- measuring spoons
- small bowl or cup
- 9x5-inch loaf pan
- cooling rack
- butter knife

Nutrition Facts

Serving Size (55g): 1 slice		
Servings Per Container: About 14		
Amount Per Serving		
Calories 140		Calories from Fat 50
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 25mg		8%
Sodium 180mg		8%
Total Carbohydrate 20g		7%
Dietary Fiber 2g		8%
Sugars 11g		
Protein 2g		
Vitamin A 0% • Vitamin C 2%		
Calcium 0% • Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Method

1. Preheat oven to 325°F.
2. In 1- to 2-quart mixing bowl, mix flour, salt and baking soda. Set aside.
3. In 3-quart mixing bowl, beat oil and honey together by hand or with an electric mixer until thoroughly blended.
4. Add eggs to honey and oil and beat about 1 minute.
5. Add bananas, vanilla, water and dry ingredients to mixture and beat about 1 minute until all ingredients are blended.
6. Pour batter into a greased, 9x5-inch loaf pan.
7. Bake for 60–70 minutes.
8. Cool in pan for 10 minutes. Loosen sides of loaves from pan with a butter knife. Turn pan upside down onto cooling rack. Tap bottom of pan with backside of butter knife until loaf releases from pan. Remove pan, turn bread over and let cool for at least 30 minutes before slicing.
9. Wrap completely cooled bread tightly in plastic wrap or plastic storage bag. Store for up to 4 days at room temperature or 7 days in refrigerator.

Makes about 14 ½-inch slices



Total Cost: \$3.68

Cost per serving: \$0.26

*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

Tips

- Try adding ½ cup nuts such as walnut pieces or sliced almonds.
- Try adding ½ cup dried fruit such as raisins or currants.
- This recipe can be doubled. Bake in 2 greased, 9x5-inch baking dishes.
- Make banana muffins instead. Replace 9x5-inch baking pan with a 12-cup muffin tin.
- Tightly wrap loaf in freezer quality plastic wrap and aluminum foil and freeze for up to 3 months.
- The eggs can be replaced with a pasteurized egg product. Replace according to package instructions.
- The eggs can be replaced with powdered eggs. Replace according to package instructions.
- To reduce the mess, line inside of baking dish with wax paper instead of greasing.
- Barley has a distinct flavor. If it is too strong, replace half the barley flour with either whole wheat or all-purpose flour.





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